



Calm and comfort for the holidays

A Free Community Education Session
Hosted by the



MADAWASKA VALLEY
Family Health Team

Take a break from the holiday rush and join us for a relaxed afternoon of learning and connection. Discover practical ways to manage stress, care for yourself, and stay grounded this season – in a supportive, comfortable space.

Event Details

Date: Friday, December 12, 2025

Time: 1:00 p.m. – 3:00 p.m.

Location: In-person at the Madawaska Valley Family Health Team

Virtual: Zoom link provided after registration

Cost: Free (parking not included)

What Will Be Offered

- Understanding about holiday stress and emotional fatigue
- Simple grounding and coping tools
- Promotion of healthy boundaries and self-care implementation
- Information related to local community resources
- A safe and welcoming group experience

To register or Learn More

- Online through the link provided or by scanning the QR Code
- Visit reception at the Madawaska Valley Family Health Team
- Call 613-756-9888 Ext. 5 (confidential voicemail available).

